

I Can Do All Things Through Christ (3/24/24)

Main Verses: Philippians 4:10-13

Key Verse: Philippians 4:13

'Takeaway': No matter what circumstances we face in life, in spite of the ups & downs, God can help us to stay focused on our ever-steady Savior.

Getting Started: Have you ever had a time when you struggled to complete something? What helped you “stay the course”?



READ Philippians 4:10-13 (or have older kids help read).

Some **QUESTIONS** to consider:

Toddler/PreK:

- Who helps you when things are hard & difficult? How should we respond to other people's help & assistance?
- Being content means being satisfied with where you are & what you have in life. How can you be content no matter what is happening around you?
- What does “I can do all things thru him who strengthens me” really mean?

Elementary:

- Who helps you when things are hard & difficult? How should we respond to other people's help & assistance?
- Being content means being satisfied with where you are & what you have in life. How can you be content no matter what is happening around you?
- Philippians 4:13 is one of the most out-of-context Bible verses. We see it on coffee cups, tshirts, hats, etc. What does “I can do all things thru him who strengthens me” really mean? What is the danger of taking it out of context?

Here are some **IMPORTANT IDEAS** we discover in these verses :

Toddler/PreK:

- We should be grateful for the help & support of people in our lives.
- No matter what is happening around us, we can live for God, trusting him that he is with us & working for our good.
- We can only say “I can do all things thru him who strengthens me” when we are fully trusting God in the midst of life's difficulties.
- When we have a lot, God helps us remember these are his blessings. & when we seem to have too little, he reminds us that he is enough, & will always provide.
- God helps us to obey him, & to serve him & others amid life's difficulties.

Elementary:

- We should be grateful for the help & support of people in our lives.
- No matter what is happening around us, we can live for God, trusting him that he is with us & working for our good.
- “I can do all things thru him who strengthens me” does **not** mean God will bless **whatever** we do - but that God will help us to stay focused on his blessings; & when we seem to have too little, he reminds us that he is enough, & will always provide.
- God helps us to obey him, & to serve him & others amid life's difficulties.

An **ENCOURAGEMENT** in light of God's word:

(Toddler/PreK) Talk to God. Thank him for all the blessings he has given us (people who love us & help us, & more importantly, a way to live for him thru faith in Jesus). Ask God to help you stay focused on him, confident that he is enough, & that he will provide for all our needs.

(Elementary) Talk to God. Thank him for all the blessings he has given us (people who love us & help us, & more importantly, a way to live for him thru faith in Jesus). Ask God to help you stay focused on him, confident that he is enough, & that he will provide for all our needs.